

Breakfast | Lunch | Dinner | Side

# **Sweet Sautéed Apples**

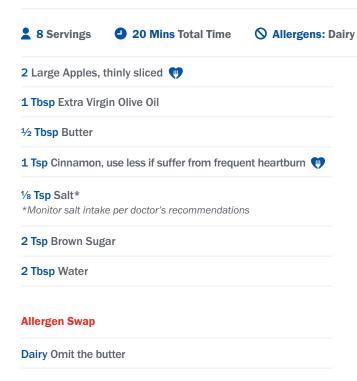
**5 Mins** Prep Time

15 Mins Cook Time 8 Servings

54 Calories 2g Fat 9g Carbs 0g Protein



# **Ingredients**



#### **Nourishment Note**



Apples

Apples are filled with antioxidants which may help protect the lungs from oxidative damage.



**(7)** Cinnamon

Cinnamon is a powerhouse spice full of antioxidants, types of nutrients that help protect cells from becoming damaged.

Cinnamon may also help with blood sugar control and reduce the risk of heart disease.



## **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Heat Butter & Oil in Skillet

Over medium-high heat, melt butter and olive oil in a large skillet.

#### 3. Add Apples & Spices to Skillet

Add sliced apples, cinnamon, salt, and brown sugar to the skillet. Cook for about 10 minutes stirring occasionally.

#### 4. Add Water & Reduce Heat

Add the water to the skillet and gently mix to combine. Reduce heat to low. Cook until apples are slightly soft.

#### 5. Serve & Enjoy

Serve warm.

#### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitian

### What You'll Need



Large Skillet



**Cutting Board** 



Knife



Wooden Spoon



**Measuring Spoons** 

#### **Fatigue Buster**

- Use pre-sliced apples instead of chopping your own, or use an apple slicer.
- Make a large batch when energy levels are high and reheat throughout the week.